

VERONA RECREATION DEPARTMENT



**2017-2018
FALL & WINTER
PROGRAMS**



Includes Verona Public Library and Senior Center Information
REGISTER ONLINE AT: www.ci.verona.wi.us/recreation

410 Investment Court
Verona, WI 53593
608-845-6695

Recreation Department News

Hello Verona Rec Department families and participants!

Welcome to the 2017-2018 Fall & Winter Recreation Brochure.

With the summer months winding down, it's time to start thinking about fall and winter activities! Keep warm this fall and winter with the many activities the Rec Department offers. Recreational activities are a great way to get active and get to know your community! Browse through our 2017-2018 Fall/Winter Brochure to explore all there is to do here in Verona. We continue to offer online registration for programs and park reservations. Just go to the City of Verona website to register: www.ci.verona.wi.us/recreation.

We would like to thank everyone who helps support this brochure through advertising. Your generosity allows our department to promote activities and services in a convenient and cost effective manner. This brochure is full of activities, contact information, and more. Feel free to contact the department with questions, concerns, or suggestions. Get out and enjoy your community in 2017-2018!

Not only are the seasons changing, we had a recent position change as well! I (Ali) am off to grad school at UW-La Crosse to pursue a master's degree in Recreation Management. I am extremely thankful for my time with the Verona Recreation Department, and excited for a new adventure. Jenny Jundt, a Fitchburg native, is taking over as the Recreation Assistant. Jenny is a Buckeye fan but please don't hold this against her.

Please contact Jenny or Casey for any questions you have about our activities. Jenny can be reached at 497-2070 and jennifer.jundt@ci.verona.wi.us, and Casey can be reached at 848-6815 and casey.dudley@ci.verona.wi.us. Casey and Jenny are more than happy to help you with issues with the website, questions on programs, or anything else you may need assistance with!

Enjoy all the fall and winter activities we have to offer, and don't forget to be recreational all year round!

Ali Tackett

Former Recreation Assistant

TABLE OF CONTENTS

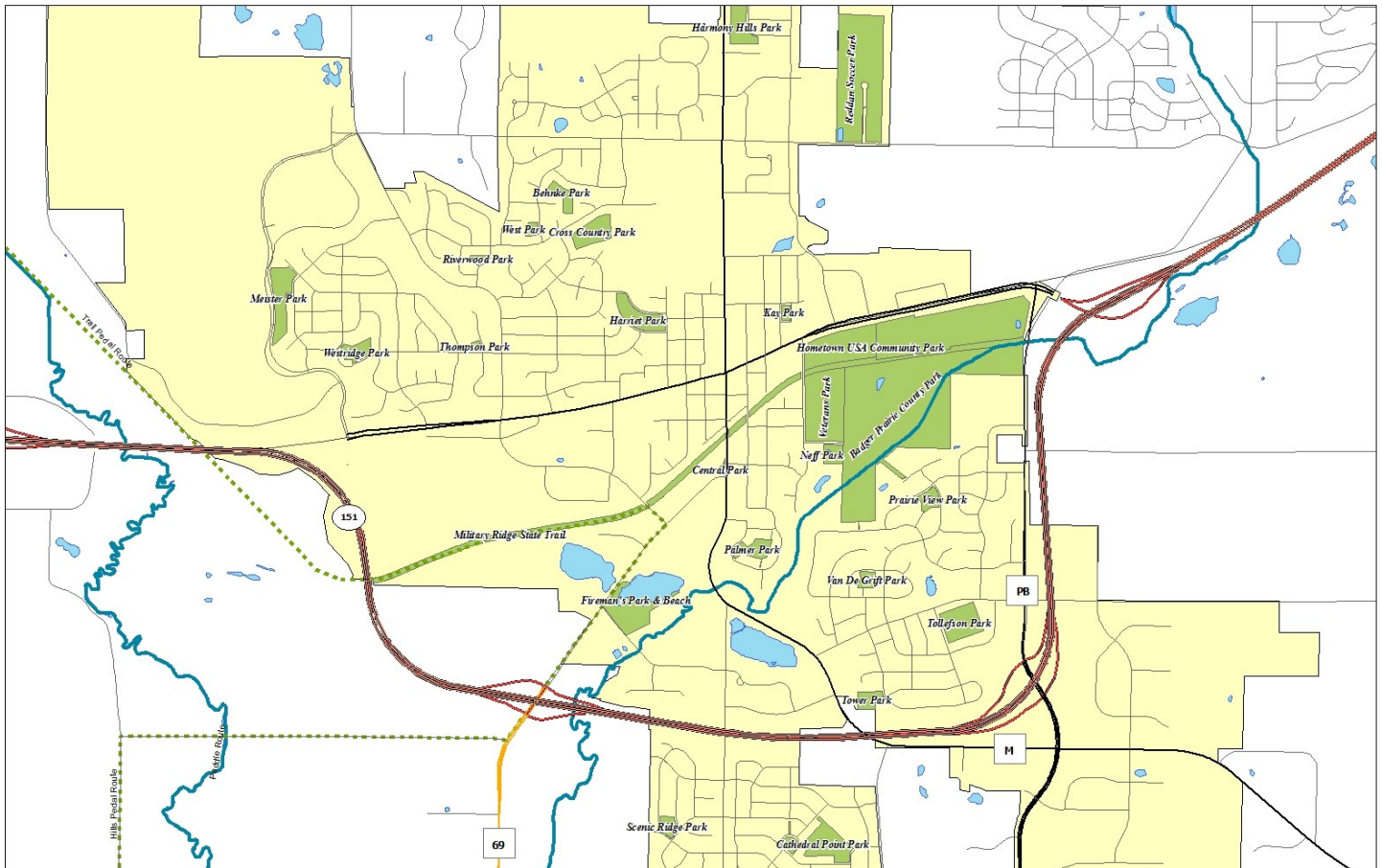
<u>CITY OF VERONA INFO</u>	3	<u>ADULT ACTIVITIES:</u>	12-13
<u>REC DEPT POLICIES</u>	4—5	VFITT Exercise Classes	12
<u>YOUTH ACTIVITIES:</u>	6—11	Adult Volleyball	13
Fall Recreational Soccer	6	Adult Basketball	13
Youth Volleyball	6	Adult Kickball	13
Babysitting Class	7	Adult Fiddle Club	13
All Star Volleyball Clinics	7	<u>FAMILY ACTIVITIES:</u>	14-19
Youth Dance	8	Registration form	14
Harriet Park Ice Rink	9	Verona Public Library Information	16-17
Youth Basketball	9	Senior Center Information	18-19
Engineering For Kids	10		
Youth Wrestling Info	10		
Rhapsody Classes	11		

CITY OF VERONA INFORMATION

CITY STAFF:

Mayor	Jon Hochkammer	
City Administrator	Jeff Mikorski	845-6495
Public Works Director	Theran Jacobson	848-6801
Street Superintendent	Greg Denner	848-6804
Assistant Public Works Director	Jon Bublit	497-2081
Construction Manager	Marty Cieslik	497-2072
Police Chief	Bernie Coughlin	845-7623
Fire Chief	Joe Giver	845-9401
Parks and Urban Forestry Director	Dave Walker	848-6809
Recreation Director	Casey Dudley	848-6815
Recreation Assistant	Jenny Jundt	497-2070
City Clerk	Ellen Clark	848-9947
Finance Director	Brian Lamers	848-9949
City Planner	Adam Sayre	848-9941
Library Director	Stacey Burkart	845-7180
Building & Plumbing Inspection	Ken Robers	845-0963
Senior Center Director	Mary Hanson	845-7471
Sewer and Water Clerk	Kimberly Marshall	497-2071

HOMETOWN USA, EST 1966



Verona Recreation Office Information

Recreation Director: Casey Dudley

Direct: 608-848-6815

Email: casey.dudley@ci.verona.wi.us

Recreation Assistant: Jenny Jundt

Direct: 608-497-2070

Email: jennifer.jundt@ci.verona.wi.us

Location: Across from Zurbuchen Oil

Verona Public Works, Parks &
Recreation Building

410 Investment Court

Verona, WI 53593

Hours: 8:00 a.m.—4:30 p.m.

Monday—Friday

Open during the noon hour

Website: [www.ci.verona.wi.us/
recreation](http://www.ci.verona.wi.us/recreation)

General Line: 608-845-6695

Fax: 608-845-5761

Our office has voicemail. If calling after regular business hours, please leave a message and we will return your call as soon as possible.

Registration Instructions

Registration forms are at the end of this brochure. All of the information on the form must be filled out in order to participate. The top portion of the form must be filled out completely
Program name: Print the name of the program you would like to register for.

Session: Print the session name and number. Print the participant's age and grade: please fill out the age of the child as of the day you are filling out the form. The grade of the child should be printed in as what grade the child is currently in.

Fee paid: please write the amount of the class. All prices are included in the program description. Total up all the registration fees and include the total at the bottom of the form.

Refund Policy

1. Full refunds will be given to persons notifying the Recreation Department prior to the registration deadline.
2. Cancellations after the registration deadline are subject to a \$5 surcharge.
3. There is no refund after the first session or practice has taken place. A prorated refund will be given only in the case that severe illness or injury prevents participation.
4. Full refunds will be given if the Recreation Department cancels a class.
5. All refunds will be mailed to the residence of the participant. It takes approximately two to three weeks to receive the payment after the refund has been issued.

Resident/Non-Resident Fee Policy

(R = Resident, NR = Non-Resident)

A resident is any individual who resides within the city limits of Verona. All other individuals living outside the city limits are considered non-residents, and will be charged an additional fee above the resident rate. This charge is assessed per person, per program. Residency for our programs is NOT based on school district residency. NR fees are \$15 for programs under \$100 and \$20 for programs \$100 and up.

Publicity

The Verona Recreation Department reserves the right to utilize photos and names of participants for publicity purposes. Participants not wanting their names and/or photos used must notify the Recreation Department in writing at the time of registration.

Inclement Weather Procedure

The Verona Recreation Department will post a voice message for all programs in case of inclement weather. If you would like to inquire about possible cancellations or postponements, please call 848-6815 after 4:30 p.m.

Accident Insurance

The City of Verona Recreation Department does not provide accident insurance for its participants. Participants must assume full responsibility for injuries while participating in the activity.

Late Registration Policy

A \$10 late charge will be added to your fee if your registration is received after the registration deadline. There will be no pro-rating of program fees for late registrations.

Employment

The City of Verona Recreation Department employs many individuals to work as umpires, referees and supervisors for our youth and adult programs. The requirements are that you have taken a course or are familiar with the activity. Contact the Recreation Office at 848-6815 about possible openings.

Confirmation of Enrollment

Once you have registered, plan on attending at the listed times and dates. Please feel free to call 848-6815 to verify your registration and/or to ask any questions. The Recreation Department will only contact you if the program is full or cancelled.

Questions on anything Rec Dept related? Contact Casey at casey.dudley@ci.verona.wi.us or Jenny at jennifer.jundt@ci.verona.wi.us!

How to Register

Online: www.ci.verona.wi.us/recreation
Register online 24 hours per day/7 days a week with a Visa, MasterCard or Discover card. A small convenience fee is charged for the use of this service. Have peace of mind knowing that you or your child is enrolled in a class! With online registration, you can view how many spots are available in a particular class or see what dates are available at the park shelters, all from the comfort of your own home or office. If a class is full, please sign up to be on the waiting list.

Mail—In

Mail completed registration forms with payment to:
Verona Recreation Department
410 Investment Court
Verona, WI 53593

Walk—In

Office hours are 8:00 a.m. to 4:30 p.m. M—F

After—Hour Drop Box

Located in the entry way of the Recreation Office

Program Sizes

Most programs have a minimum/maximum enrollment. If the Recreation Department is unable to fill the program, full refunds will be issued to each individual. If a program is full, you will be notified, and upon request, be put on a waiting list. If a cancellation occurs you will be notified. If no opening occurs, a full refund will be issued.

Program Times & Places

All program times and places are subject to change if facilities are not available at listed times. The Verona Recreation Department will notify each participant of any changes prior to the start date.

Financial Assistance

There is limited financial assistance through a recreation scholarship fund established with the Verona Area Education Foundation.

There is also limited financial assistance available through a recreation scholarship with donations from EPIC.

For more information regarding a scholarship, call the Verona Recreation Department at 845-6695.

YOUTH ACTIVITIES

FALL SOCCER: PRE-K—3RD GRADE

This program is being offered for boys and girls Pre- Kindergarten through 3rd grade. The program stresses the fundamentals of soccer and sportsmanship in a fun, relaxing atmosphere where all the participants get equal playing time. The 2nd & 3rd grade programs will have referees and be played in conjunction with Fitchburg. The Pre-K program is for kids that are entering Kindergarten in the fall of 2018. Please register for the grade going into for the school year 2017/2018. Shin Guards are required. Each team needs at least two volunteer parent coaches. This is a great opportunity for each parent to get involved and become a wonderful role model for their children and other children within the community. No experience is necessary. The recreation department has coaching resources available to beginner coaches. Get involved, your kids will thank you! Season will begin the week of September 11, 2017. Seasons run approximately 6 weeks.

<u>Session/Grades:</u>	<u>Days:</u>	<u>Times (1 hour)</u>	<u>Location:</u>
#1 Pre-K Coed	Saturday Mornings	9, 10 or 11:00 am	Fireman's Park
#2 K Coed	Mondays	5:30 pm	Fireman's Park/Neff Park
#3 1st Grade Coed	Tuesdays & Thursdays	5:30 pm	Fireman's Park/Neff Park
#4 2nd & 3rd Grade Coed	Mondays & Wednesdays	5:30 pm	Harriet/Van de Grift Parks

- Season starts the week of September 11 and will run for approximately 6 weeks.

Cost if registered by 8/25/17

R \$30

NR \$45

Add \$10 if registered after 8/25/17



BIG TEN YOUTH VOLLEYBALL LEAGUE

This recreational league is for 5th–8th graders who would like to have fun learning skills and getting involved in competition against players at their own skill level. Rules have been altered to accommodate young players so that success can be felt by all. Knee pads are recommended. Practices will be on Sundays and will start on January 7th in the afternoon/evening. Tournaments will be played on February 11, February 18, February 25 March 4 and March 11 against other communities including: Cross Plains, Fitchburg, Monona, Stoughton and Mt. Horeb. The time frame for tournaments is typically 12:00–4:00p.m.

VOLUNTEER COACHES ARE NEEDED!

Dates: January 7 – March 11

<u>Session/Grades:</u>	<u>Days:</u>	<u>Times (1 hour)</u>	<u>Location:</u>
#1 5th Grade	Sunday	1:00 pm	Badger Ridge
#2 6th Grade	Sunday	2:00 pm	Badger Ridge
#3 7th Grade	Sunday	3:00 pm	Badger Ridge
#4 8th Grade	Sunday	4:00 pm	Badger Ridge

- Season starts the week of January 7 and will run for approximately 10 weeks.

Fee: R \$60

NR \$75

Cost if registered by 12/22/17

Add \$10 if registered after 12/22/17

YOUTH ACTIVITIES

BABYSITTING CLASS

This program will provide the safety skills and confidence necessary to be a great babysitter. Upon completion, you will receive a certificate and a babysitter's handbook. Sign up today! This class is provided in cooperation with CPR Training Specialist, LLC and are Licensed Training Partners (LTP) with the American Red Cross.

Instructor: CPR Training Specialist, LLC Staff. All classes to be held at the Verona Public Library.

<u>Session:</u>	<u>Date:</u>	<u>Time:</u>	R Fee: \$93	NR Fee: \$108
#1	September 23	9:00 AM—4:00PM	Registration Deadline: One week prior to the class!	
#2	October 21	9:00 AM—4:00PM		
#3	November 18	9:00 AM—4:00PM	Min = 6	Max = 14
#4	December 27	9:00 AM—4:00PM		
#5	January 20	9:00 AM—4:00PM		
#6	February 17	9:00 AM—4:00PM		

DON'T FORGET, YOU CAN REGISTER ONLINE!

WWW.CI.VERONA.WI.US/RECREATION

ALL STAR VOLLEYBALL CLINICS

This program includes skill clinics and tournament play for boys and girls in 1st - 4th grade (2017-18 school year). We will focus on basic volleyball skills and game knowledge as well as interactive stations on Monday evenings. On 10/8 and 10/29 there will be a 3 hour 4 on 4 tournament broken out by age group with teams from both Waunakee and Verona competing. Emphasis will be on skill development, learning the game of volleyball and having fun. Program starts September 18 and goes to October 23rd.

Instructor: Meggan Oeth

Meggan played college volleyball at The University of Texas and The University of Wisconsin, playing mostly middle hitter and right side.

<u>Session/Grades:</u>	<u>Days:</u>	<u>Times (1 hour)</u>	<u>Location:</u>
#1 Grades 1-2	Mondays	5:15-6:00 pm	Glacier Edge
#2 Grades 3-4	Mondays	6:10-6:55 pm	Glacier Edge

Cost if registered by 9/4/17

R \$125

NR \$145

Add \$10 if registered after 9/4/17

Tournament Play Dates: Sunday, Oct. 8th in Waunakee and Sunday, Oct. 29th in Verona .

SPECIAL THANKS!

The Verona Recreation Department would like to thank all of the volunteer coaches who have made our programs so successful! Without your efforts and dedication, the programs would not happen! The Recreation Department and your kids thank you.

The Rec. Dept. would also like to give a special thanks to the Verona Parks Department staff for their help and support year in and year out!

YOUTH ACTIVITIES

YOUTH DANCE

This will be the 17th season of youth dance. Classes are offered to give children the opportunity to learn the art and joy of dance while gaining poise and building self-confidence. This is a great way to give your children a taste of dance without having to make a big financial commitment. Each class will meet once a week and run for approximately 24 weeks starting the week of October 9th, with a recital to culminate the program April 20, 2018.

Classical Ballet: The most disciplined foundation for all dance forms concentrating on technical and linear development, proper alignment, turn-out, placement and coordination. A reinforced ballet vocabulary is also emphasized to all students involved in classical ballet training.

Jazz Dance: A dynamic form of dance focusing on rhythm, expression and style. Forms and various styles of American dance are taught concentrating on coordination, isolated rhythmic movements and specific jazz technique.

Tap: A form of dance to music that uses different tap tones and dance steps to create a rhythmic sound.

Lyrical/ Contemporary: A combination of ballet and jazz technique, and lots of emotion. Students learn how to tell the story of the music through movement and emotions, as well as how to breathe life into the choreography.

Musical Theatre: Explore the theatrics of dance through the music from Broadway and musicals. This class focuses on portraying a character through choreography and technique. Students will learn how to act while they dance.

Hip Hop: A freestyle, high energy dance that is upbeat and fun. Hip Hop dance relies on jazz technique while adding flair and attitude. Students dance to today's popular hip hop and pop music.

Your Instructor: Chelsea Moten began teaching dance 15 years ago at a dance studio in La Crosse, WI; specializing in children's Tap, Ballet, and Jazz. For 6 years she taught Ballet and Hip Hop outreach classes at daycare centers and elementary schools. Miss Chelsea was 5 years old when she began dancing. She has studied Ballet, Pointe, Jazz, Tap, Modern and Hip Hop. Miss Chelsea has a passion for dance and is eager to share that passion with her students.

SESSION:	DANCE:	AGE:	DAY:	TIME:
1	Ballet	3-4	Monday	2:55-3:25 pm
2	Ballet	3-4	Monday	3:30-4:00 pm
3	Jazz	5-6	Monday	4:05-4:35 pm
4	Lyrical/Ballet	7-10	Monday	4:40-5:25 pm
5	Hip Hop/Jazz	11+	Monday	5:30-6:15 pm
6	Jazz	3-4	Tuesday	2:55-3:25 pm
7	Hip Hop	5-6	Tuesday	3:30-4:00 pm
8	Hip Hop	5-6	Tuesday	4:05-4:35 pm
9	Hip Hop/Jazz	7-10	Tuesday	4:40-5:25 pm
10	Tap	7+	Tuesday	5:30-6:15 pm
11	Hip Hop	3-4	Wednesday	2:55-3:25 pm
12	Hip Hop	3-4	Wednesday	3:30-4:00 pm
13	Lyrical/Ballet	11+	Wednesday	4:05-4:50 pm
14	Jazz/Musical Theatre	7-10	Wednesday	4:55-5:40 pm
15	Hip Hop	5-6	Wednesday	5:45-6:15 pm
16	Tap	3-4	Thursday	2:55-3:25 pm
17	Ballet	5-6	Thursday	3:30-4:00 pm
18	Jazz/Musical Theatre	11+	Thursday	4:05-4:50 pm
19	Hip Hop/Jazz	7-10	Thursday	4:55-5:40 pm
20	Tap	5-6	Thursday	5:45-6:15 pm

- * Class Minimum = 5
- * Class Maximum = 10
- * All classes will be held at The Verona Area Community Theater Building
- * Recital to be held April 20, 2018
- * Recital outfit, not included in the registration fee, will be required for the recital, estimated at \$45.
- * Class schedules will be handed out the first week of class.
- * There will be 2 observation days for you to view your child's class.
- * Due to low enrollment in certain classes, some classes may be changed to accommodate the more popular class.

Fee: R= \$112 NR = \$132

YOUTH ACTIVITIES

HARRIET PARK ICE RINK

Starting in late December (depending on weather conditions) Harriet Park offers public ice skating. There is a warming shelter located east of the rink. For rink conditions call 845-6695.

Hours

Monday, Wednesday, and Friday	6–8 p.m.
Saturday and Sunday	1–5 p.m.

YOUTH BASKETBALL K–8TH GRADE

Dribble, Pass, Shoot, and Score! Boys grades K – 8 and girls Grades K - 6 will enjoy this indoor activity. This program stresses the fundamentals of basketball and sportsmanship in a fun, exciting environment where all the kids get equal playing time. The 5th - 8th grade boys program will be combined with the Fitchburg, Middleton, Cross Plains and other area Rec. Dept. Please register for the grade your child will be in school year 2017/2018.

Each team needs at least two volunteer parent coaches.

This is a great opportunity for each parent to get involved and become a wonderful role model for their children and other children within the community. No experience is necessary. The recreation department offers many different coaching techniques to beginner coaches. Get involved, your kids will thank you!

Teams fill up quickly, so get your registration form in before the deadline! Please indicate on registration form

Kindergarten—2nd Grade

<u>Session:</u>	<u>Days:</u>	<u>Times (1 hour)</u>
# 1 Kindergarten Coed	Wednesdays	5:30 & 6:35 PM
#2 1st Grade Girls	Mondays	<u>Location</u>
#3 1st Grade Boys	Thursdays	Glacier Edge
#4 2nd Grade Girls	Tuesdays	
#5 2nd Grade Boys	Mondays	

Season starts week of Nov 27, 2017 and runs approx. 7 weeks.

Cost if registered by 10/27/17

Fee: R = \$30 NR = \$45

Add \$10 if registered after 10/27/17

Coaches are the referees

3rd & 4th Grade

This program offered in conjunction with the Fitchburg and Mt. Horeb Recreation Departments. There will be some travel for the games held in each community on Saturdays.

<u>Session:</u>	<u>Days:</u>
#6 3rd Grade Girls	M & Sat—Practice/Games
#7 4th Grade Girls	M & Sat—Practice/Games
#8 3rd Grade Boys	T & Sat—Practice/Games
#9 4th Grade Boys	T & Sat—Practice/Games
<u>Times (1 hour)</u>	<u>Location</u>
5:30—8:30 PM	Country View
9:00—2:00 PM	Glacier Edge/MH/Fitchburg

Season starts week of Nov 6, and runs approx. 10 weeks.

Cost if registered by 10/6/17

Fee: R = \$45 NR = \$60

Add \$10 if registered after 10/6/17

This program has referees

5th—8th Grade Junior NBA and WNBA Leagues

Big Ten League is for kids in 5th - 8th grade. This program will be combined with Fitchburg, Middleton, Waunakee, Stoughton, Cross Plains and Cottage Grove Recreation Departments. Each week a different community will host the games. There will be some travel for the games held in each community.

<u>Session:</u>	<u>Days:</u>
#10 5th Grade Girls	Th/Sat Practice—Sat Games
#11 6th Grade Girls	Th/Sat Practice—Sat Games
#12 5th Grade Boys	Wed/Sat Practice—Sat Games
#13 6th Grade Boys	Wed/Sat Practice—Sat Games
#14 7– 8th Grade Boys	Th/Sat Practice—Sat Games

<u>Practice Times (1 hour)</u>	<u>Location</u>
5:30 PM—9:30 PM weeknights	Country View
9:00 AM—2:00 PM Saturdays	Badger Ridge

<u>Game Times (1 hour)</u>	<u>Location</u>
9:00 AM—1:00 PM Saturdays	TBD

Season starts week of Nov 27, and runs approx. 12 weeks.

Cost if registered by 10/27/17

Fee: R = \$67 NR = \$82

Add \$10 if registered after 10/27/17

An end of season tournament will be held mid-March

YOUTH ENRICHMENT

ENGINEERING FOR KIDS

In conjunction with Engineering for Kids, we provide children ages 4 –14 with fun, hands-on engineering enrichment that encourages teamwork and creative thinking. Professionally trained instructors will be directing each class.



Apprentice STEM Club: Up, Up, and Away

Students use the Engineering Design Process to design, create, test, and refine a variety of flying machines. They construct a shock absorbing system designed to protect two marshmallow astronauts in a lunar vehicle, create their own air-powered rockets, and assemble a hot air balloon model that actually takes flight!

Dates: Mondays / Nov 6, 13, 20, 27, Dec. 4, 11

Grades: 3rd–6th

Time: 6:00–7:15 PM

Location: Verona Public Library

Fees: R = \$130 NR = \$150 Min/Max: 10/20

PJunior STEM Club: Taking to the Skies

Introduce our youngest engineers to fundamental concepts of aircraft and spacecraft design. Through open and focused exploration, students explore and construct airplanes, rockets, helicopters, and more.

Dates: Mondays / Nov 6, 13, 20, 27, Dec. 4, 11

Grades: K–2nd

Time: 5:00–5:45 PM

Location: Verona Public Library

Fees: R = \$90 NR = \$105 Min/Max: 8/14

Jr. STEM Club: Robotics Adventure

This class is a perfect mixture of fun and learning, using LEGO® WeDo™ Robots. Using LEGO® bricks, students build an airplane rescue, a giant escape, and a sailboat storm. They also learn how to program and operate their creations using a laptop computer.

Dates: Saturdays / Jan 13, 20, 27, Feb 3, 10

Grades: K–2nd

Time: 9:45–10:45 AM

Location: Sugar Creek Cafeteria

Fees: R = \$105 NR = \$125 Min/Max: 8/14

Apprentice STEM Club: Robotics Challenge!

Apprentice Engineers put their engineering skills to the test with Lego Robotics Engineering for the first half of the semester. Students will design and program robots with the latest generation LEGO MINDSTORMS Education EV3 Kits and software, which is based on National Instruments LabVIEW, the industry-leading graphical programming language based by scientists and engineers worldwide!

Dates: Saturdays / Jan 13, 20, 27, Feb 3, 10

Grades: 3rd–6th

Time: 11:00am–12:30 PM

Location: Sugar Creek Cafeteria

Fees: R = \$130 NR = \$150 Min/Max: 10/20

VERONA YOUTH WRESTLING

PARENTS - Are you looking for a sport for your child where everyone participates and no one sits on the bench? How about a sport that teaches self-discipline and focuses on achieving your personal best? Previous experience is not necessary and both boys and girls are welcome. There are many opportunities to compete individually and as a team. There is also the opportunity to continue on to the state and national levels for those who qualify. The coaches teach in an atmosphere of respect and focus on skill development mixed with fun.

Youth wrestling sign-up will be on November 15th upstairs at the Draft House at 6:00. Practice will start on December 4th and run until February 28th on Mondays and Wednesdays. The cost to be in the Verona Youth Wrestling Club is \$50 and you purchase your USA card (\$40) online for insurance purposes. With the club fees you will receive a t-shirt, paid entry fee into our individual tournament, and paid entry fees into any dual type competitions we set up.

K-2nd 5:45-6:15 pm

3rd-5th 6:20-7:10pm

6th-8th 7:15-8:30pm

Please contact Craig Neuroth at cneuroth@barneveld.k12.wi.us or at 608.438.2356 or Co-Head Coach Bob Wozniak at wozniakb@verona.k12.wi.us with any questions.

YOUTH ENRICHMENT

RHAPSODY CLASSES

Youth music classes are available through the Verona Recreation Department and are offered at Rhapsody Arts Center. All classes take place at 1031 North Edge Trail. Registration deadlines for each program are one week prior to the class start date. Rhapsody Arts Center staff will make confirmation phone calls or emails one week prior to class start dates to families registered through the Verona Recreation Department. Rhapsody Arts Center is a non-profit community school of the arts. To see their full list of programs, please visit: www.rhapsodyarts.org

Babies Music(3—18mos. with caregiver)

Participating in music enhances bonding between baby and caregiver and encourages discovery of sounds, movement and textures. Watch as your child's language skills increase through singing and vocal play.

Wednesdays 10:00-10:30am, 8 weeks Instructor: Julie Mazer
Session 1: Sept. 13-Nov. 1
Session 2: Jan. 17-March 14 *No class Feb. 28*
Session 3: April 4-May 23
R Fee: \$84 NR Fee: \$99 Min/Max: 3/12

Beginning Piano(6—8 & 9—11 years)

This class is perfect for the student with an interest in the piano and the parent with reservations about their child's commitment to regular lessons. No prior experience needed, we start with the basics! Students must have access to a piano for at home practice. Class fee includes a book.

**Sessions are not cumulative*

Thursdays 6:30-7:15pm, 10 weeks Instructor: TBA
Session 1: Sept. 14-Nov. 16
Session 2: Jan. 18-March 22
R Fee: \$225 NR Fee: \$245 Min/Max: 3/4

Kids N Keys(4-6 years)

This popular class engages children in early piano skills, singing, simple instruments and more! Music reading activities will focus on learning music symbols and simple notation. This class is a great stepping stone toward our Beginning Piano class and private piano lessons. Class fee includes a book. **Sessions are not cumulative*

Thursdays 5:30-6:15pm, 10 weeks Instructor: TBA
Session 1: Sept. 14-Nov. 16
Session 2: Jan. 18-March 22
R Fee: \$220 NR Fee: \$240 Min/Max: 3/4

DON'T FORGET, YOU CAN REGISTER ONLINE! WWW.CI.VERONA.WI.US/RECREATION

Toddler Tunes(18mos.— 3 years with caregiver)

Repetition of familiar tunes, dances and books stimulate your toddler's musical learning. By absorbing new melodies and predicting the movements that go with them, young children develop critical listening skills and can more easily soothe themselves. Come share this time with your little one, sing and dance to your favorite songs and learn new ones!

Wednesdays 10:45-11:30am, 8 weeks Instructor: Julie Mazer
Session 1: Sept. 13-Nov. 1
Session 2: Jan. 17-March 14 *No class Feb. 28*
Session 3: April 4-May 23
R Fee: \$114 NR Fee: \$134 Min/Max: 3/12

Family Music(18mos.— 5 years with caregiver)

This class is perfect for families with multiple children! You'll join together for songs, movement and instrument play. Activities will be adapted so that everyone can participate together.

Wednesdays 9:15-9:45am, 8 weeks Instructor: Julie Mazer
Session 1: Sept. 13- Nov. 1
Special Holiday Session: Nov. 15- Dec. 13 (5 weeks)
Session 2: Jan. 17- March 14 *No class Feb. 28*
Session 3: April 4- May 23
R Fee: \$96 up to 2 children NR Fee: \$111 up to 2 children
R and NR \$30 each additional child
Special Holiday Session:
R Fee: \$72 up to 2 children NR Fee: \$87 up to 2 children
R and NR \$25 each additional child
All Sessions Min/Max: 3/12

Fiddle Club(6-18 yrs w/prerequisites)

Join Rhapsody's performance group for violin, viola and cello players who want to learn about playing fiddle tunes outside of the orchestral experience. All music will be learned by ear. We'll have three performances TBD in December. Prerequisites: Have played violin, viola or cello for 2 + years OR can play "Allegro" in Suzuki Book 1 or equivalent. Students are asked to commit to two of the December performances.

Fridays 5-5:45pm, 10 weeks Instructor: Charlene Adzima
Session 1: Sept. 15-Dec. 1 *No Class 10/20 or 11/24*
R Fee: \$100 NR Fee: \$120 Min/Max: 3/10

Song Production 101 (12 yrs +)

Students will learn from an insider's professional perspective on songwriting. Figure out the basics of song structure and style, and dig into the mechanics of lyrics and melody. Analyze songs and learn what makes them tick. Work independently, plus collaborate with classmates. Interested students can perform their songs at Rhapsody student recitals in December or April. Class will also include a first look at songwriting technology and software. Students will get the most out of this class with basic knowledge of piano or guitar-- basic understanding of chords will be a plus! Wednesday 6:30-7:15pm, 10 weeks Instructor: Brandon Chandler

Session 1: Sept. 13-Nov. 15
Session 2: Jan. 17-March 21
R Fee: \$335 NR Fee: \$355 Min/Max: 3/8

ADULT ACTIVITIES

VFITT AND REC DEPT COLLABORATION!

VFITT is the Verona Area School District's wellness program. We are teaming up with VFITT to offer a wide variety of exercise classes to the entire community! For the fees listed below, you can take ANY class listed on the schedule. Just list which classes you are interested in upon registration. Classes may vary slightly between sessions.

Fall Membership: \$75

Spring Membership: \$100

Summer Membership: \$50

2017-2018 Year Membership: \$200

FUNCTIONAL MOVEMENT

Incorporates a wide variety of equipment geared toward developing mobility, balance, strength and body awareness. You will improve movement proficiency in all three movement planes; great for any level with immediate application for virtually any activity you enjoy.

CIRCUIT TRAINING (6:30 p.m. sessions begin Oct 2)

Alternates 1 min of cardio with 1 min of weights. 3 min walking warm-up, 20 min circuit x2, 5 min stretch.

WALK/RUNS

Meet at the entrance of the PAC. We walk 5 min, then run 1min, walk 1, run 2, walk 1, run 3, walk 1, run 4, walk 1, repeat - 45 min. Last 15 min is core and stretch.

ZUMBA

Latin and world music-based dance fitness class for all ages and abilities.

TABATA

Combo strength moves for 20 sec/rest 10 sec. 6-8 sets. 1 min rest. New move, repeat 6-8 sets. Light weights can be added as an option. 3 min warm-up, 30 min. of 6-8 exercises. 5 min stretch.

STRENGTH & TONE

Incorporates hand weights with strength moves. No jumping involved! Great for any level.

YOGA/YOGA FLOW

Each class is suitable for ALL LEVELS of practitioners. The classes are going to incorporate different types of yoga from Vinyasa to relaxing and rejuvenating Yin. Each class will end with a time for meditation. Yoga mats are provided if needed.

POWER STRETCH

Let go of stress through stretching and breathing. This class is geared to help you let go of a long day of work, focusing on your power within. We will perform long gentle stretch movements with deep, mindful breathing.

POWER & STRENGTH

Strengthen your body by using functional tools like: TRX, kettlebells, stability balls, weights, and more!

INSANITY, CARDIO BLAST, MASHUP

All incorporate intervals of strength and cardio designed to push your limits. Some classes use your own body weight, some classes use weights, bands, tubes, etc.

All classes can be modified to fit your level so don't be intimidated!

BRMS: Badger Ridge MS

HS: Verona Area High School

SOMS: Savana Oaks MS

GE: Glacier Edge Elementary

SC: Sugar Creek Elementary

SP: Stoner Prairie Elementary

TIME	DAY	CLASS	TEACHER	LOCATION
5:45 AM	MWF	Functional Movement	Jude	BRMS Main Gym
4:15 PM	M	Mindful Stretch	Venus	SOMS Fitness Room
6:30 PM	M	Circuit	Laurie	VAHS Weight Room
5:30 AM	T	Circuit	Laurie	VAHS Weight Room
3:45 PM	T	Yoga	Steph	SOMS Fitness Room
4:15 PM	T	Insanity	Amy	BRMS Aux Gym
5:30 AM	W	Walk/Run	Laurie	VAHS PAC Entrance
3:00 PM	W	Mash-up (pilates/strength/cardio)	Lindsey	GE Gym
3:00 PM	W	Yoga	Cassie	SC Gym
3:15 PM	W	Zumba	Amelia	CV Gym (Rm 107 backup)
3:30 PM	W	Pilates	Jodie	SP Music Room
4:15 PM	W	Yoga	Kay	VAHS Lower LMC
4:15 PM	W	Cardio Blast	Venus	SOMS Fitness Room
4:15 PM	W	Power & Strength	Amy	BRMS Aux Gym
6:00 PM	W	Yoga	Cassie	BRMS Step Room
6:30 PM	W	Circuit	Laurie	VAHS Weight Room
5:30 AM	TH	Circuit	Laurie	VAHS Weight Room
3:00 PM	TH	Circuit Variety	Laurie	SC Gym
3:45 PM	TH	Yoga	Kay	SOMS Fitness Room
3:45 PM	TH	Zumba	Amelia	SP Art Room
4:15 PM	TH	Strength & Tone	Krista	BRMS Aux Gym
3:00 PM	F	Yoga	Cassie	SC LMC
8:00 AM	SAT	Turbo Kick	Jen	SOMS Fitness Room

ADULT ACTIVITIES

COED POWER VOLLEYBALL

Night: Monday
Location: Badger Ridge Middle School
Team fee: \$360
Registration Deadline: Sept. 22nd, 2017
The season will begin the week of November 6th and run for approximately 14 weeks.

COED INTERMEDIATE/POWER VOLLEYBALL

Night: Monday
Location: Badger Ridge Middle School
Team fee: \$360
Registration Deadline: Sept. 22nd, 2017
The season will begin the week of November 6th and run for approximately 14 weeks.

WOMEN'S INTERMEDIATE VOLLEYBALL

Night: Tuesday
Location: Badger Ridge Middle School
Team fee: \$360
Registration Deadline: Sept. 22nd, 2017
The season will begin the week of November 6th and run for approximately 14 weeks.

COED INTERMEDIATE VOLLEYBALL

Night: Wednesday
Location: Badger Ridge Middle School
Team fee: \$360
Registration Deadline: Sept. 22nd, 2017
The season will begin the week of November 6th and run for approximately 14 weeks.

COED REC VOLLEYBALL

Night: Thursday
Location: Badger Ridge Middle School
Team fee: \$360
Registration Deadline: Sept. 22nd, 2017
The season will begin the week of November 6th and run for approximately 14 weeks.

COED INTERMEDIATE/REC VOLLEYBALL

Night: Thursday
Location: Badger Ridge Middle School
Team fee: \$360
Registration Deadline: Sept. 22nd, 2017
The season will begin the week of November 6th and run for approximately 14 weeks.

COED KICKBALL

Get your friends together for this recreational kickball league! There will be no referees for this program. Teams will need a minimum of 5 men and 5 women. Sign up today! Carry-in coolers allowed. The season will begin September 12th and run for 6 weeks.
Night: Tuesday
Location: Community Park
Team fee: \$50
Game times: 7:00—9:00PM

MEN'S BASKETBALL

Night: Wednesday
Location: Verona Area High School
Team fee: \$575
Registration Deadline: Sept. 22nd, 2017
The season will begin November 1st and run for approximately 14 weeks.

ADULT SPORTS INFORMATION:

Last year's (2016-2017) teams have until the deadline listed to sign up and pay in full their team fee or they will lose their spot. An application packet will be sent out to last year's teams in August. New teams should call 608-497-2070 to inquire about openings. Team rosters and player cards are due 2 weeks prior to the 1st scheduled game.

Want to join a team?

The Verona Recreation Department has sign-up lists for people to get on a team. Email Jenny at jennifer.jundt@ci.verona.wi.us or call Jenny at 608-497-2070 to get on the list. Contact Jenny as soon as possible to be sure your team gets in the league you'd like!

ADULT FIDDLE CLUB

For adults with at least one year of violin/fiddle lesson experience. We'll learn new tunes, share favorites, and discuss topics like jam session etiquette. Fiddle styles we'll try could include: Irish, Old-time, Bluegrass, New England, Cajun, and more! Current enrollment in private lessons not required.

Fridays 6:00-7:00pm, 10 weeks Instructor: Charlene Adzima

Session 1: Sept. 15-Dec. 1 *No Class* 10/20 or 11/24

R Fee: \$100

NR Fee: \$120

Min/Max: 3/10

Program Registration Form
Verona Recreation Department
410 Investment Ct. Verona, WI 53593

For Office use only

Check # _____

Date _____

Last Name: _____ Address: _____ School: _____

City: _____ Zip: _____ Home Phone: _____

Mother's Name: _____ Cell Phone: _____ Email Address: _____

Father's Name: _____ Cell Phone: _____ Email Address: _____

Has any of your contact information has changed? Yes No

Program Name	Session	First Name/Gender	Birth Date	Grade (17-18 school year)	T-shirt size (YS, YM, YL, AS, AM, AL)	*Friend Request 1 per registrant	Fee
EX. Basketball	#1	Allison/Girl	6/04/03	6	AS	Amber Jennings	\$

*Requests are for team sports only. Requested individual must request you.

TOTAL FEE PAID: \$ _____

Requests are not guaranteed, but we will do our best to grant them if it is at all possible.

Youth Sport Player Assessment

Height _____ Weight _____ Speed (Fast/Average/slow) Skill (Good/Average/Below) Experience _____

VOLUNTEER COACH? Yes (Circle) I would like to coach my son/daughter's team in this activity: _____

Name: _____ Day Phone: _____ Email: _____ Shirt Size: M L XL XXL

PLEASE READ THE FOLLOWING AND SIGN

"We the undersigned, hereby acknowledge that we are familiar with the risk and dangers inherent in recreational activities. We hereby grant permission for the undersigned child/ward to participate in such activity. We agree to hold the City of Verona, its officers, agents, and employees, both individually and in his or her official capacity, harmless from any liability for injury or damage to person or property as a result of the undersigned's participation in said activity(ies). We further agree that the person supervising the activity may, without further permission, take whatever step he or she deems necessary in case of injury. Which may include, obtaining emergency medical or dental care and to hold the City of Verona, its officers, agents, and employees harmless from liability in connection therewith as above specified."

PARENT/GUARDIAN SIGNATURE

DATE

As a Parent and Athlete it is important to recognize the signs, symptoms, and behaviors of concussions. By signing this form you are stating that you understand the importance of recognizing and responding to the signs, symptoms, and behaviors of a concussion or head injury.

Athlete Agreement: I _____ have read the Athlete Concussion and Head Injury Information and **understand** what a concussion is and how it may be caused. I understand the importance of reporting a suspected concussion to my coaches and my parents or guardian. I understand that I must be removed from practice or play if a concussion is suspected. I understand that I must provide written clearance from an appropriate health care provider to my coach before returning to practice/play. I understand the possible consequence of returning to practice/play too soon and that my brain needs time to heal.

Athlete Signature _____ Date _____

Parent Agreement: I _____ have read the Parent Concussion and Head Injury Information and **understand** what a concussion is and how it may be caused. I also understand the common signs, symptoms, and behaviors. I agree that my child must be removed from practice/play if a concussion is suspected. I understand that it is my responsibility to seek medical treatment if a suspected concussion is reported to me. I understand that my child cannot return to practice/play until providing written clearance from an appropriate health care provider to his/her coach. I understand the possible consequences of my child returning to practice/play too soon.

Parent/Guardian Signature _____ Date _____

ASSUME YOU ARE REGISTERED IN ALL THE PROGRAMS YOU HAVE SIGNED UP FOR.

THE VERONA RECREATION DEPARTMENT WILL ONLY NOTIFY YOU IF A PROGRAM IS FULL OR CANCELLED.

SURVEY

- 1) Does online registration benefit your family? YES NO
- 2) Are you satisfied with the quality of the programs you have participated in?
 YES NO
- 3) Are you satisfied with the type of programs offered through the City of Verona Recreation Department?
 YES NO
- 4) What improvements would you like to see in the programs offered by the City of Verona Recreation Department?

- 5) What type of programs or classes would you like to see offered from the City of Verona Recreation Department?

Please email additional comments or concerns to casey.dudley@ci.verona.wi.us or [@ci.verona.wi.us](https://twitter.com/ci.verona.wi.us)

Verona Wildcats Youth Hockey

We are the Verona Wildcats Youth Hockey Association and we provide recreational and competitive coed youth ice hockey for kids ages 4 to 18. For the beginning skater, we provide a safe, organized, and fun environment for your child to learn and enjoy the game of ice hockey and develop their skills. For the more experienced skater we offer the best coaches and training in the area while still keeping it all about skill development and having fun on and off the ice.

- * Youth hockey players learn lessons like teamwork, trust, responsibility, and sportsmanship and builds life-long friendships on and off the ice.
- * Think hockey is too expensive? We strive to keep fees as reasonable as other travelling sports. Fees begin \$35 for new Learn to Play skaters. Rental equipment is also available.
- * Think there is too much travel? There is travel, just like all sports, but most travel during the season is within Dane County.
- * Have any doubts? Talk to a "hockey family" and get the scoop from them or stop by the Verona Ice Arena and check us out!

Have questions or want more information? Log onto veronayouthhockey.com or contact: Registrar Mike Bakalars, (608) 212-8931 registrar@veronayouthhockey.com or President: Jamie Stebbes, veronawildcatshockey@gmail.com

Online registration will begin in August at veronayouthhockey.com

Reminder: This is not a Verona Recreation Department Program.



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VERONA PUBLIC LIBRARY

500 Silent Street, Verona, WI 53593

Phone: 608.845.7180 • www.veronapubliclibrary.org • vpl@ci.verona.wi.us
Monday—Thursday 9AM—9PM • Friday 9AM—6PM • Saturday 9AM—4PM

YOUR PUBLIC LIBRARY PROVIDES: Books, Magazines & Newspapers, Audio Books, Large Print Books, DVD's & Blu-rays, Music CD's, Video Games, Internet & High Speed Wireless, Computer Lab, Laptops for Checkout, Copier & Scanner, Fax Service, Meeting Rooms, Local History Collection, Exam Proctoring, Computer Classes, Children's Story Times, Teen Events, Computer Classes, Adult Events, Research Assistance, and Volunteer Opportunities.



Children's Events

Fall story times: September 5– October 13

Baby Story Time (ages 0-18 months)

A lap-sit story time for infants and their caregivers. 20 minutes with playtime afterward. No registration.

Fri 10:30 am

Toddler Story Time (ages 1 & 2)

Stories, songs, fingerplays, & crafts for toddlers and their caregivers. 30 minutes. No registration.

Mon 9:30 am (no story time Sept. 5)

Wed 9:30 am

Thurs 9:30 am

Preschool Story Time (ages 3-5)

Stories, songs, & crafts. Child may attend independently or with an adult. 30 minutes. No registration.

Wed 10:30 am

Thurs 10:30 am

Everybody Story Time (ages 0-5)

Stories, songs, and crafts for children and their caregivers. 30 minutes. No registration.

Mon 9:30 am

Tues 9:30 am & 10:30 am

Sensory Friendly Story Time (ages 3-5)

Build communication & friendship skills in a supportive environment. Please register at the children's desk. Meets throughout the school year except holidays and school breaks.

Fri 9:15 am

Story Time at Eplegaarden

Friday, September 8:

9:30 a.m.—Farm Theme 10:30 a.m.—Apple Theme

Friday, September 22:

9:30 a.m.—Apple Theme 10:30 a.m.—Farm Theme

All ages! Library books will be available for check-out.

2227 Fitchburg Rd., Fitchburg, WI 53575

Farmer's Market Story Time

Tuesdays, September 5, 12, 19, & 26, 4:00 - 4:30 p.m.

Verona Artists and Farmers Market. Hometown Junction Park, 101 W. Railroad St.

Ages 0-5. Siblings welcome. Library books will be available for check-out.

Check our website for the many special events and classes we offer for kids and teens, www.veronapubliclibrary.org

Adult Events

Senior Case Management Outreach

Mondays: September 11, October 9, November 20, December 11, Drop in between 1:00 – 2:00 p.m.

Becky Losby, case manager at the Verona Senior Center, will answer questions and provide resources for you or your aging loved one. She'll have information on Medicare, homecare, housing assistance, financial resources, and more. Contact Becky at 845-7471 with questions.

Human Trafficking in Wisconsin

Monday, September 11, 6:30—8:00 p.m.

All 72 counties in Wisconsin have seen cases of human trafficking. Rachel Monaco-Wilcox, JD, CEO/founder of LOTUS (Legal Options for Trafficked and Underserved Survivors) legal clinic for victims of crime and human trafficking, will address:

- Misconceptions about sex trafficking;
- The situation in Wisconsin;
- The origin of the LOTUS legal clinic;
- Ideas for how citizens can make a difference.

This event is brought to you by the Wisconsin Humanities Council's Working Lives, whose goal is to deepen and broaden the conversation about what it means to make a living and a life here.

Adult Coloring Club

Wednesday, September 18, 6:30-8 :30 p.m.

Monday, October 16, 6:30—8:30 p.m.

Monday December 18, 6:30—8:30 p.m.

Are you an adult who likes to color? Then join us for our Adult Coloring Club. We provide the colored pencils and coloring pages, or you can bring your own. Stop in, get creative, relax, and have fun!

VERONA PUBLIC LIBRARY

Adult Events (continued)

Early Detection Matters

Wednesday, September 20, 7:00 –8:00 p.m.

The Alzheimer's Association will present and discuss the 10 warning signs of Alzheimer's disease. Hear from people who have the disease, and find out how to recognize the signs in yourself and others.

Fundamental of Zero Waste

Monday, September 25, 7:00—8:00 p.m.

Learn to lower your environmental footprint with Celia Ristow, writer for the blog *Litterless* and founder of the environmental nonprofit Zero Waste Chicago. Among other things, Ristow will discuss:

- What zero waste is and why it matters;
- Tips and tricks for grocery shopping zero-waste style;
- How to switch to zero-waste cosmetics;
- How to join the zero-waste community in Madison.

What is Healthy Work

Wednesday, September 27, 7:00—8:00 p.m.

More than 100 years of research shows how and why our jobs make us healthy or ill. Katherine Sanders, PhD, owner of Sanders Consulting, will share the results of the research, focusing on what makes work healthy, what we should avoid, and how we can design work systems to make us all healthier.

This event is brought to you by the Wisconsin Humanities Council's Working Lives, whose goal is to deepen and broaden the conversation about what it means to make a living and a life here.

When Cartoon Worlds Collide: Mashup of Politics & Comics

Thursday, October 5, 7:00—8:00 p.m.

Come share an evening of absurdity with two nationally-syndicated cartoonists, Leigh Rubin creator of the comic "Rubes®", and "Wisconsin State Journal" editorial cartoonist Phil Hands. This odd couple will riff on each other's cartoons and show how the twisted minds of two very different cartoonists work.

Rubin's work focuses primarily on the hilarity of animal and human nature, while Hands draws stranger creatures: politicians. So if you've ever wanted to meet a professional smart aleck or a full-time doodler, don't miss this event.

Door prizes will be raffled to unlucky winners.

The Human Horse Connection

Monday, October 9

Film Screening: *Unbranded*, 6:00 – 7:30 p.m.

Dr. Judy Batker, 7:30 – 8 p.m.

Dr. Judy Batker, veterinarian and co-owner of Country View Veterinary Service, will discuss "Equine Medical Practices: Working with Horses in Haiti, Costa Rica, Mexico & the Pine Ridge Indian Reservation." We now know that old practices of caring for horses were detrimental over time. With animal enlightenment, we are able to create more stable and long-lasting relationships with our equine counterparts. This event is funded by Beyond the Page, National Endowment for the Humanities, and Madison Community Foundation.

Consumer's Guide to Hearing Help

Thursday, October 12, 6:30—7:30 p.m.

Audiologist Dr. Veronica H. Heide will lead a lively discussion about hearing loss and options available to deal with it. Topics will include:

- Hearing loss identification;

- Hearing aid selection and fitting guidelines;

- State-funded programs and insurance coverage.

You'll also get a brief introduction to the new hearing loop we've installed in our library's community room.

Getting to Know Medicare

Tuesday, October 24, 6:30-8:00 p.m.

Whether you're planning to enroll in Medicare or have had it for years, most people have questions. Plus, changes occur regularly. Have your questions answered by Jesse Grutz, of the Retirement Classroom.

Pakistani Cooking Class

Saturday, November 4, 11:00—12:30 p.m.

Curious to learn about the flavors of Pakistan? Join cookbook author and founder of White Jasmine Huma Siddiqui for a demonstration featuring saji shrimp, sautéed orange peppers and zucchini, and a Mediterranean couscous salad. Enjoy a tasting of all the food prepared.

White Jasmine brings the flavors of Pakistan to Dane County through its unique spices and cheeses, recipes, cooking classes, and television show "White Jasmine Everyday Cooking."

Registration required. Register online at veronapubliclibrary.org or call 845-7180. Class size limited to 30 participants.

Career Change 101

Thursday, November 9, 6:00—8:00 p.m.

Thinking about a career change but overwhelmed by all the information out there? Not sure how to get started? Then this workshop is for you! Career Change 101 give you a jump start by helping you identify reliable resources and how to use them effectively. This class is in partnership with University of Wisconsin-Madison Continuing Studies.

Estate Planning

Monday, December 4, 6:00—8:00 p.m.

Get your will and other legal documents in order. Everyone over the age of 18 should consider estate planning. Learn the key elements of estate planning and receive resources to enable you to complete your own plan. Presented in partnership with the Wisconsin Women's Business Initiative Corporation. Registration required. Register online at wwbic.com/classes or call 608-257-5450.

Adult Book Clubs

Books n Booze

Books 'N Booze book club meets the third Thursday of each month at 6:00 p.m. at the Draft House in Verona. Copies of the books are available for checkout at the service desk.

"We don't urge readers to drink, we urge drinkers to read."

September 21 – Choose your own banned book

October 19 – *World War Z* by Max Brooks

November 16 -- *The Martian* by Andy Weir

Senior Center Book Group

Senior Center Book Group meets the second Wednesday of each month 12:30 – 1:30 p.m. at the Verona Senior Center. Copies of the book club selections are available to borrow at the Verona Senior Center, or request a copy from the library. Everyone is welcome!

September 13 – *Hotel on the Corner of Bitter and Sweet* by Jamie Ford

October 11 – To be announced

November 8 – To be announced

December 13 -- *The Book of Unknown Americans* by Cristina Henríquez

CORE STRENGTH

This class focuses on building our core muscles. We do a variety of strength exercises that involve balancing, squats, arm exercises with weights, planks, super-man's, and sit ups. We do standing, sitting and matt work. Most of the exercises can be modified. Supplies needed are a mat and weights. Come ready to sweat!!!!

Days: Tuesdays

Thursdays

Instructor: Alasa Weist

Time: 9:00 AM

2:00 PM

TAI CHI I & TAI CHI II

Tai Chi classes are offered at the Verona Senior Center by Jody Curley, M.A., designated a Master Instructor by her teacher of over 30 years, Grandmaster William C.C. Chen of New York City. Tai Chi Chuan originated in China hundreds of years ago as a health practice, meditation and self-defense art, and it is now practiced principally for improvement and maintenance of balance, mobility, strength, range of motion and stress management. Many studies have verified its health benefits. Tai chi is gentle to joints, slow enough that it helps to prevent injury while exercising, and when coordinated with breathing, it becomes a moving meditation. It can be adapted to make it accessible to people with a wide variety of limitations and special needs. And it feels good!

Days: Tuesdays

Fridays

Instructor: Deb Stevens

Time: 2:00 PM

10:00 & 11:15 AM

LINE DANCING

Join our class and meet some of the most fun and sassy seniors in the Verona area for an hour of line dancing and fun. Beginners are always welcome! Register now for the next 8 week series.

Days: Thursdays

Instructor: Marlene Cordes

Time: 4:00PM

SENIOR FITNESS CLASSES

Fitness training is an important aspect of senior health for both men and women. The main goal of Shannon's classes is to improve your quality of life. She wants you to be able to walk reasonable distances without tiring, walk up and down stairs without difficulty, and be able to play with your grandchildren without problems getting down on the floor and back up again. She stresses fitness not only for mobility but also for fall prevention.

To achieve these goals, the 1-hour classes involve whole body workouts with a common theme of strengthening your body's core muscles. The classes typically involve four components.

Strength training – Strength training involves using lightweight dumbbells, bands, and stability balls. Participants across all strength levels can participate.

Balance – Exercises are performed that target and strengthen the balancing muscles in the core, ankles, and hips.

Flexibility – Flexibility is targeted through stretching exercises which may involve gentle yoga or chair yoga.

Cardiovascular endurance – Cardiovascular endurance is improved through functional fun movements and may involve walking, dancing, and even boxing exercises.

Classes are open to seniors of all levels—beginners to advanced. No prior exercise experience is necessary. The exercises can be performed standing or modified to enable you to perform them while sitting in a chair. Participants are encouraged to work at their own pace and listen to their body.

Shannon has been teaching senior fitness classes for over 3 years. She has taken continuing education classes to earn certifications in stability, balance and the cognitive function of seniors.

CHAIR YOGA

Days: Thursdays

Time: 9:50AM

KEEPING FIT

Days: Mondays &

Thursdays

Time: 8:45AM

YOGA

Days: Fridays

Time: 8:45AM

All of these 8 week exercise classes \$5 per class. For more information, please contact the Senior Center at 845-7471.





FOOT CARE CLINIC

Appointments must be made in advance. The cost is \$20.00, payable to Home Health United. Please bring (2) towels for your own use. Fingernails can also be done at the same appointment time for an additional \$10.

Mondays Appointments begin at 8:45 AM

DIABETIC FOOT CARE

Call early! Appointments are required and fill quickly. The cost is \$28.00 per visit, payable to Home Health United. Please bring 2 towels with you to your appointment.

4th Monday of the month

Appointments begin at 8:45 AM

FOOT REFLEXOLOGY

The therapist applies pressure with thumb and finger to ends of nerves to help bring about increased circulation, a balancing effect, and a relaxation which enhances general well-being. 30-minute session for \$20; 1 hour, \$40. Appointment needed.

1st Tuesday of the month

3rd Thursday of the month

Appointments begin at 8:45 AM

CHAIR MASSAGE

Enjoy the benefits of a massage of the neck, head, back, shoulders, and arms. A 15-minute session is \$10.00; a 30-minute session is \$20.00. Call 845-7471 to schedule an appointment.

Tuesdays: Except First Tuesday

Appointments begin at 8:45 AM

FITCHRONA PARAMEDIC BLOOD PRESSURE PROGRAM

Paramedics will be offering FREE blood pressure checks, blood sugar screenings and medication checks.

4th Monday of the month 8:30—10:30 AM

NURSE BARBARA

Barbara does blood pressure and glucose checks, weigh-ins, and informal discussions of your health and nutritional goals and concerns. Most of the services available with Nurse Barbara are on a "drop-in" basis, but you can call the Senior Center, 845-7471, if you would like to make an appointment for a private consultation.

Wednesdays 9:30 AM-2:00 PM

VETERANS GROUP

All branches and all age groups are welcome. Please call Becky Losby with any questions at 845-7471.

3rd Thursday of the month

3:00 PM

CLUB 108

Club 108 is a program for individuals with early memory loss. There is no cost for the Club. If you are interested in enrolling or have questions, please contact our case manager, Becky Losby, at 845-7471.

Every Wednesday 10:00-11:30 AM

1st & 3rd Tuesdays of the month

(During Caregivers Support)

LOW VISION SUPPORT GROUP

Join Rita Martin for this once a month support group for those care for or those effected by low vision. This group will meet the second Tuesday of each month.

2nd Tuesday of the month

10:30 AM

CAREGIVERS SUPPORT GROUP

This group meets on the first and third Tuesday of the month. All caregivers or former caregivers are welcome! RSVP not required; however, if you need transportation please call Becky at 848-0432.

1st & 3rd Tuesday of the month

10:00 AM

BOCCE BALL COURTS

Would you like to come and play on our bocce ball courts? We would love to have them used! Equipment provided. Please call 845-7471 if interested.

VERONA STAMPERS GROUP

No cost to attend. Bring your stamping projects from home and see what others are working on.

1st Tuesday of the Month

1 PM & 6 PM

ACRYLIC PAINTING

Painting for all abilities! Learn acrylic painting techniques in a relaxed, no judgement atmosphere with Carol Ann. No experience necessary!

1st & 3rd Monday of the month

1:00—3:00 PM

COMPUTERS WITH RICH

Rich will present on different computer topics.

3rd Friday of the month

10:00—11:00 AM

CHAT AND CHEW

We will have a speaker that will come and present on an interesting topic. Refreshments are included. Check out our website to learn more!

1st Friday of the month

9:00—10:00 AM

These activities are organized through the Verona Senior Center. If you have any questions regarding Senior Center activities or services, please contact the Senior Center at 845-7471

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